

Healthy Living *with* Diabetes



What is *Healthy Living with Diabetes*?

This is a proven workshop...

- Designed for adults with type 2 diabetes or pre-diabetes and their caregivers
- Teaches skills to effectively manage diabetes or delay the onset of diabetes
- Can result in 25 percent improvement in your condition
- Can help minimize the adverse effects of diabetes

The workshop, facilitated by two trained leaders, including one who has diabetes, meets for **2½ hours once a week for six weeks**. This workshop does not replace existing treatments, but serves to complement a participant's medical treatment.

Topics Include:

- What is diabetes?
- Sharing/problem-solving
- Setting short-term goals
- Healthy eating: meal planning and reading nutrition labels
- Tips for exercising
- Stress & depression management
- Monitoring blood sugars
- Preventing low blood sugar
- Managing difficult emotions
- Preventing or delaying complications
- Working with and communicating more effectively with family, friends and medical providers.

What's in it for me? *People who have taken the workshop show:*

- Better health and a sense of confidence in managing their diabetes
- Improvements in blood sugar levels and A1C
- Decrease in health distress and hypo- and hyperglycemia
- Fewer healthcare provider and emergency department visits and fewer hospitalizations

Cost: Optional workbook purchase of \$20

Did you know?

- One of every 12 Americans is affected by diabetes.
- In Wisconsin, there are 475,000 adults with diabetes and 1.45 million adults with pre-diabetes.

Upcoming workshops:

**Mondays, October 30 to December 4
6 to 8:30 p.m. • FREE!**

**Agnesian HealthCare
Health Resource Center
430 E. Division Street
Fond du Lac**

For more information call
(920) 926-5418 or
(920) 906-4774

Register online at
agnesian.com/know-and-go-classes



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Keetah Smith: (414) 225-4227